

Eating wisely is the foundation of a healthy lifestyle

¹*Abdullaev Ibadulla Kochkarovich*

¹*Candidate of Medical Sciences, Associate Professor Urgench branch of the Tashkent Medical Academy*

abdullaevibadulla1955@mail.ru

²*Omanova Anagul Sultonovna*

²*assistant Urgench branch of the Tashkent Medical Academy*

anagulomanova@gmail.com

³*Abdullaeva Dinara Ravshanovna*

³*assistant Tashkent Medical Academy branch of Urgench*

dinaraabdullaeva686@gmail.com

ABSTRACT

We all know that energy for human movement is generated through daily consumed food and daily movement is provided. This article gives you the tips you need to start eating right, dieting and its benefits, as well as a healthy lifestyle

Keywords: healthy lifestyle, proper nutrition, energy release, diet therapy, protein, fat, diet, carbohydrates, vitamins.

1. Introduction

As time goes on, technology is increasing and human movement is decreasing. As a result this is followed by many diseases. Due to the construction of various robots, movement in humans is reduced, which is followed by many diseases (hypodynamics). Worst of all, natural products are replaced by semi-finished and fast food. Generally estimated, this is convenient on the one hand, but harmful to our body and in this position a person should lead a healthy lifestyle in life. The most important thing is to exercise regularly and eat right. Through nutrition, energy goes to the movement of our whole organism. The foods we eat, cocaine contains vitamins, fats, proteins, carbohydrates and vital elements (Zn, Co, B12, Fe, C, Mg, Ca, K, P, etc.) that are essential for human life.

2. Main part

In addition to proper nutrition, a person should eat a healthy diet and exercise regularly. Anyone trying to lose weight with diets should pay attention to this article because it covers all the important things about the basics of proper nutrition, how to eat properly to lose weight. Tips on how to switch to a healthy menu and create a diet for a week to lose weight will help anyone who cares about their health. In modern society, overweight has become a real scourge of humanity, and the number of people suffering from it is constantly growing.

Diet therapy is used to treat and prevent certain diseases (gastritis, enteritis, colitis, ulcers, liver, kidney disease, etc.). It is used in combination with medication and other therapies in diet therapy. Diet therapy has long been known, but its scientific basis was developed only in the second half of the 19th century, when the physiological rules developed by Russian scientists IP Pavlov and IM Sechenov played an important role. The main principles of P. and d: individual approach in determining the ration, mode and method of cooking ingredients; the nature of the disease, the patient's condition and the characteristics of the organism, the proportion of food in quantity and quality, the determination of the ration of proteins, fats, carbohydrates, minerals and vitamins in cases where the patient can not be given or restricted due to the disease consists of. Therefore, treatment with diet should be carried out only on the advice of a doctor and under his supervision. The methods of ordering low-meal days, limiting the quality of easily digestible food, changing the diet, and giving special culinary processing to ingredients are widely used in P. and d. In this case, the diet should be healthy and nutritious, as well as fully meet the needs of the body for vitamins, trace elements and biologically active substances.

Nutrition helps the body fight disease, improve the functioning of damaged organs and systems, normalize metabolism and the general condition of the body. Diet therapy is used in inpatient, sanatorium, spa and outpatient settings.

On days when there is little food, the same food, apples, cottage cheese, and milk are given in small portions throughout the day. Such days are prescribed by a doctor and continued under his supervision. In obesity, atherosclerosis, cardiovascular disease, hypertension, etc., food intake is limited due to low salt and fluid intake.

A drastic reduction in the amount of food eaten should only be done in an inpatient setting or under the supervision of a specialist in certain treatment facilities, as this method of treatment is not recommended for everyone. The use of this method is prohibited. Sometimes complete starvation can lead to serious health problems and irreversible changes in certain organs (liver, brain, etc.). Every organism tolerates hunger differently, and no organism can withstand such a severe test. Spontaneous starvation in order to lose weight is not part of the diet, but rather disrupts the metabolism and leads to disease.

When limiting the quality of food, their mechanical and chemical properties are taken into account. Mechanical restraint refers to the non-consumption of coarse, indigestible foods or parts thereof, such as plant products rich in crude fiber and solid parts of meat. Bread, radishes, turnips, radishes, cabbage, cucumbers, legumes, and live baked porridges are limited. Mechanical restraint was also used in the cooking process, ie minced meat (cutlets, dumplings, meatballs); The vegetables are given in the form of crushed puree, zapekanka. Soups made from cereals (pearl barley, oats, rice, etc.) are crushed and cooked.

Chemically restricted foods that increase the secretion of the digestive glands and stimulate the motor function of the pancreas were rare, the diet consisted of thick broths (meat, fish, vegetables), fried foods (cutlets, steaks, fried potatoes), fried foods, greasy spicy sardines, spices, pickles, freshly baked soft breads, and pancakes are excluded. Substances that

chemically stimulate the secretion of the digestive glands in water and steamed foods are somewhat limited. In the treatment of diet, great importance is attached to the patient's diet, which depends on the patient's condition, mobility and the nature of the disease.

Patients should be fed 4-5 times a day, the time between meals should not exceed 4 hours. In some cases, a therapeutic diet is recommended, with meals being eaten more frequently. In the treatment of the diet are given special foods that are sensitive to the nature of the disease. Vegetable products - salads made from fresh vegetables, melons and watermelons are also dietary foods because they are rich in vitamins, enzymes, phytoncides, trace elements, organic acids, and very useful, non-fatty sugars (fructose). In the treatment of the diet, the abundance of fresh raw vegetables and fruits provides their alkaline effect, as well as acidic (acidic) changes that lead to atherosclerosis. Even when healthy people are excited, sedentary, and under the influence of other unpleasant factors, the body's need for vegetables and fruits increases. Therefore, vegetables and fruits are essential for the lives of sick and healthy people. Many foods contain substances that promote rapid recovery. They are especially abundant in dairy products (kefir, prostokvasha, sour cream, cottage cheese). Dietary meat products include lean beef, chicken, rabbit and liver. Almost all vegetables and fruits (except radishes, oats, legumes) are dietary products. Modern diets use a wide range of conventional foods, but they must be fresh and of good quality.

In 1999, by order of the Ministry of Health of Uzbekistan, the Center for Dietetics under the Propaedeutics of Internal Medicine of the 2nd Tashkent Medical Institute was established to study the dietary features of Uzbek national cuisine.

Eating right. Why start losing weight when you switch to a proper diet? This happens for several reasons

- cleanses the body of toxins and toxins;
- accelerates metabolism and absorption of nutrients;
- digestion is improved and food is fully digested;
- only the amount of calories you can expend enters the body.

Such people need to be able to identify the basic rules of a healthy diet to lose weight:

the diet should be variable and balanced in protein, fats and carbohydrates;

it is very important to eat a lot of foods that help you lose weight: these are grains, dairy products, vegetables;

do not give up fats, so the diet should include fish and vegetable oils;

remove sugar, animal fats from the menu, limit salt intake;

bad habits are not compatible with proper nutrition, so they should be avoided;

the habit of eating should be abandoned, it is better to drink tea an hour after a meal.

3. Conclusion

Proper nutrition cannot be achieved without high quality, healthy products, so you need to pay attention to this when you buy them. In short, proper nutrition, quality and timely nutrition are the basis of human health.

References:

1. Sh. Qurbonov, A.Sh. Qurbonov, O.R. Karimov "Nutrition in the elderly" Tashkent 2016
2. Shaykhova G. "Nutrition lessons" Tashkent 2015
3. A.N. Rustamov "The joy of a healthy life" Samarkand 2016
4. Kitobxon.com